

WHERE POUTINE IS ROUTINE
BIRTHPLACE OF THE SALTY TREAT {page 17}



IS FREEDOM NEAR FOR LOHAN?
REPORT SUGGESTS EARLY REHAB EXIT {page 16}

THE 'HOFF
ROAST PUTS STAR ON HOT SEAT
SCENE {page 11}



HALIFAX metro®
Wednesday, August 25, 2010
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Dartmouth. Shooting



▶ A tow truck driver looks through the busted out middle windows of a van shot at yesterday in Dartmouth.

ALEX BOUTILIER/METRO HALIFAX

Attack appears targeted: Police

A man was inside when the shots were fired, but no one was hurt. Police say it looks as if the incident wasn't random in nature. Story, page 3.

No longer damaged goods

Moose goalie Delmas ready to go after surgery {page 22}

Arsonist on the loose in HRM?

Truck burns in Dartmouth, police suspect arson {page 4}

Smith gets 14 years in shooting

- Judge sentences 19-year-old as an adult, not youth
- Victim happy Smith wasn't given 'slap on the wrist'



ALEX BOUTILIER
@METRONEWS.CA

Michael Patriquen stared straight ahead in a Halifax provincial courtroom as the man who shot him in the chest was handed a 14-year sentence.

Mykel Smith was given 14 years in a federal prison yesterday for attempting to murder Patriquen, 27, on Nov. 11, 2008 in his Middle Sackville home.

Patriquen was shot in the chest and left for dead. He survived, but was paralyzed after the bullet damaged his spinal cord.

Sergio Bowers, 21, is currently serving five years for his part in the attempted murder. He admitted to calling "an individual" to Patriquen's house after a disagreement.

Judge Jaimie Campbell ruled the 19-year-old North Preston man, who was 17 at the time of the shooting, should be sentenced as an adult. If sentenced as a youth, Smith would have faced a maximum of three years in penitentiary.

"I'm a prisoner in my own body, and stuck in this wheelchair that I hate. Every day is just a battle to get up."
SHOOTING VICTIM MICHAEL PATRIQUEN

Campbell said the Youth Criminal Justice Act is a tool to give nuanced decisions, not a licence for violent crime.

"The young man with a loaded gun sometimes is not a scared, messed-up kid but an arrogant, cold and criminally sophisticated teenager," he said.

Smith chewed the inside of his cheek nervously as Campbell delivered the sentence. He will be credited for the 469 days he has already spent in custody.

Patriquen said he was hoping for a maximum sentence, but was pleased with the decision.

"No amount of time would really make me happy, but I do take consolation that he didn't get a slap on the wrist," he said.

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Troubled teen heads back to N.S.

A troubled local teen who was being treated for behavioural disorders at a facility in Ontario has been transferred to a facility in his home province, says an advocacy group working with his family. Roch Longueepee, who leads the group, said they were notified late yesterday the 15-year-old had been moved to Nova Scotia. There was no immediate confirmation from the province.

"We are delighted that the boy is here," he said.

"He's back in our territory now and we are going to push harder for a program that we proposed to the province ... because we feel it's going to give him the best life outcome."

The family, who can't be named to protect the youth's identity, held a news conference earlier in the day in Halifax and produced a letter from Nova Scotia's Department of Community Services that said their contact with the boy had been suspended on the recommendation of the Ontario facility where he was housed.

The department sent the letter to his grandmother last week arguing family contact had become an obstacle to the youth's treatment. He has been in the care of the Nova Scotia government since 2008, when it was determined he was a threat to himself and the community. He suffers from cognitive challenges, but his grandmother and the family's lawyer say there's never been a conclusive diagnosis.

THE CANADIAN PRESS

Bayfield Homes

The boy alleges that he was abused by staff at the facility. The treatment facility is now under investigation by Ontario Provincial Police.

ALY THOMSON/FOR METRO HALIFAX



▶ Roch Longueepee

Gunfire gives man a rude awakening

Police have no possible motive for the shooting But say that the incident doesn't seem random



ALEX BOUTILIER
@METRONEWS.CA

A man who had several shots fired at a van he was sleeping in said he has no idea why he was a target.

But Halifax Regional Police said that, in the early stages of the investigation, the incident does not seem like a random occurrence.

Shortly before 6 a.m. yesterday, a man was asleep in his father's van on Lakefront Drive in Dartmouth, when shots ripped through the middle windows.

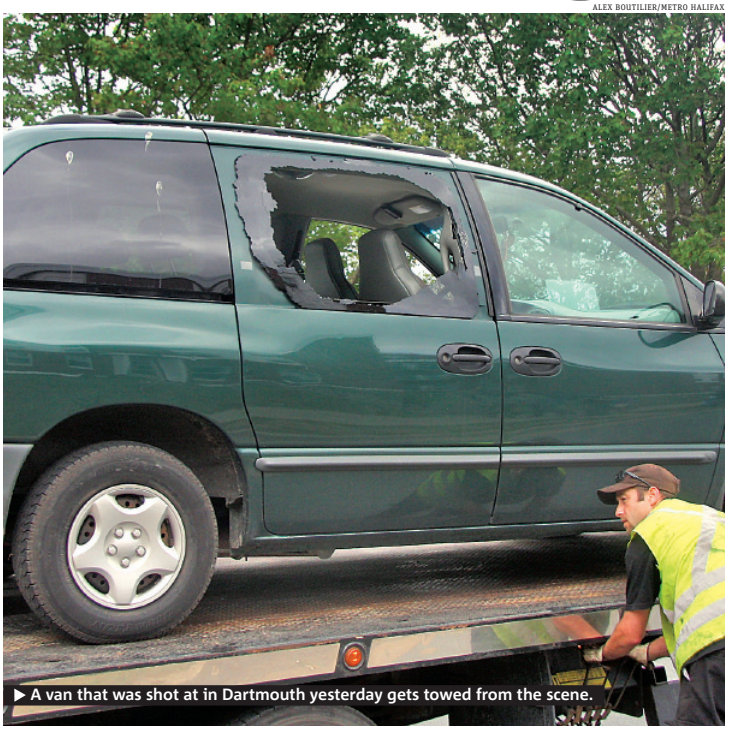
The man, who did not wish to be identified, said one of the bullets tore a hole through the headrest, only inches from where he slept.

An eyewitness on the scene said he saw one man fire at the van, then run up in the direction of Joffre Street.

Police spokesman Const. Brian Palmeter said another witness reported that a vehicle sped away down the street, but could not give a description.

"At first I thought it was just my window being broken ... (but) as soon as I opened up the door and the light came on I noticed that both my windows were shattered and there was a hole in my headrest. Then I knew something else must've happened."
VICTIM

ALEX BOUTILIER/METRO HALIFAX



▶ A van that was shot at in Dartmouth yesterday gets towed from the scene.

N.S. natural gas plan scrapped

A proposal to spend between $750 million and $900 million to bring huge liquefied natural gas container ships to the east coast of Nova Scotia has been shelved.

Maple LNG general manager Derek Owen said yesterday a plan to build a three-tank terminal in Goldboro — about 200 kilometres east of Halifax — will not go ahead due to a lack of demand in Canada and difficulties in obtaining supply.

Owen said Dutch-based parent company 4Gas BV has decided to drop a land option with the municipal government in Guysborough County, and will not proceed with an engineering phase.

He said the decision was based on a fall in natural gas prices that was more severe and prolonged than his company had originally expected.

THE CANADIAN PRESS

Impact

It was estimated had the project proceeded it would have brought ashore 750 million cubic feet of gas per day, about double the current supply from the Sable Island gas fields.

News in brief

New security plan coming

COURTS. Justice Minister Ross Landry will make an announcement concerning changes to courthouse security at Dartmouth Provincial Court today.

Department officials are being tight-lipped on the nature of the changes, as well as whether they will apply specifically to the Dartmouth court or the entire province. In March, the Dartmouth courthouse was put on lockdown after a brawl broke out. Two months ago, two men were charged with carrying concealed weapons into the court.

Dartmouth has no weapon scanners or metal detectors. METRO HALIFAX



1 news

News on the move

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Arson suspected in Dartmouth fire

- Emergency crews called to Spring Avenue fire around 3 a.m. yesterday
- Couple, 2 children and 4 animals all escaped unharmed from house

PHILIP CROUCHER/METRO HALIFAX



▶ The home and truck on Spring Avenue in Dartmouth yesterday that were both damaged in a suspected arson.



ALY THOMSON
HALIFAX@METRONEWS.CA

A fire that torched a pickup truck and severely damaged a duplex in Dartmouth yesterday is being investigated by police as a suspected arson.

"The home owners are not co-operating with police and it is believed it is not a random incident," said Halifax Regional Police spokesman Const. Brian Palmeter.

A man who said he lives inside the portion of home damaged by fire told Metro yesterday he did not know the reason why his $10,000 pickup truck was possibly set on fire.

Police and fire units responded to the blaze at 409 Spring Ave. where the truck was in flames.

The fire quickly spread to the residence, causing extensive damage to the side of the home, said Halifax regional fire divisional Chief Mike LeRue.

"I came out of the bedroom because I heard shouting, which is really not that new in this neighbourhood."
JOSEPH VAN DE KIEFT, NEIGHBOUR

"There was some smoke and water damage," he said.

"They had to pull some jip rock down from the ceiling to make sure that the fire was out up in the attic."

Joseph Van de Kieft, who lives next door, said the fire was a close call for his five-year-old daughter Zoey.

"I could see the glow from the fire very bright in my daughter's room, so I had to clear her out," said Van de Kieft, adding he then grabbed his son and two dogs and went to his parents' house.

Van de Kieft returned to his home yesterday to find his daughter's window blown out, as well as damage to the roof, lawn and siding of his house.

COLE HARBOUR

Good Samaritans sought in stabbing

Police are looking to speak with a couple who they say assisted a stabbing victim in Cole Harbour earlier this month.

Halifax RCMP say a 20-year-old man and his female friend were talking near Sir Robert Borden Junior High School on Aug. 13 when they were approached by three people. An altercation ended with the man being stabbed.

Police say before being transported to hospital, a couple approached the victim and assisted him briefly with first aid. They left in a dark-coloured truck before police arrived.

The couple, according to police, may have information that could assist in the investigation.

METRO HALIFAX

Village cut off for another week

Officials say it will be at least a week before a temporary bridge is in place to re-establish a land link to the stranded community of Meat Cove.

Michelle Perry of the Emergency Management Office said she expected equipment to be on site yesterday with repairs and construction of the bridge to start immediately.

Rain on the weekend washed away the Salmon River Bridge leading to the remote Cape Breton fishing village, leaving up to 35 residents and a number of campers with no way out by land.

Perry said 19 tourists left the village by various boats on Monday and all have since been taken to Sydney.

THE CANADIAN PRESS

Paramedic

▶ A paramedic is being stationed in Meat Cove in the event emergency care is needed.

Accident victims identified

RCMP have identified a man and a woman killed in a three-vehicle accident on Monday near New Glasgow.

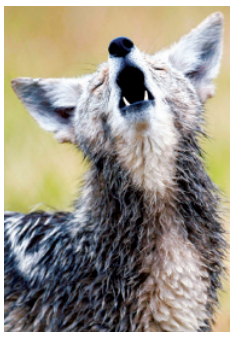
Linda Joan Harley, 55, of Caledonia, Ont., and Galen Thomas MacDonald, 21, of Jimtown, N.S., died in the accident on Highway 104.

THE CANADIAN PRESS

Fredericton sets sail inland

The HMCS Fredericton departed from Halifax yesterday, kicking off a five-week tour which includes visiting seven ports along the St. Lawrence Seaway and the Great Lakes. The tour is to raise awareness of the navy and to highlight career opportunities in the naval service.

METRO HALIFAX



Gun law doesn't factor in coyotes?

A Cape Breton man is shaking his head over laws saying he can't carry a shotgun into the woods to protect himself from coyotes while picking berries or fishing.

Dave Walsh of North Sydney says that's what he learned when he spoke to Natural Resources Department conservation officers recently about plans to head into the Cape Breton Highlands in a camper with his wife. "I just wanted to have it there just in case," he said.

Walsh said he was told he could only get the tag required to carry the shotgun if he sets out intending to hunt coyotes.

CAPE BRETON POST

Dog killed

▶ A Guysborough County woman says she wants something done about coyotes after a pack of the animals killed her dog near her home. Elizabeth Spears says she let the dog outside at her mini home in Manassette Lake on Monday. Spears says five coyotes dragged the dog to the driveway and killed the pet.

News in brief

Construction worker hit

AMHERST. A 44-year-old female construction worker is recovering in a Halifax hospital after a motor vehicle-pedestrian collision near Amherst on Monday. The CBC is reporting the woman may have been struck by a dump truck while holding a traffic sign.

AMHERST DAILY NEWS

More acts announced

MUSIC. The Halifax Pop Explosion has confirmed Tokyo Police Club, Cuff the Duke and GWAR among others for this year's event from Oct. 19 to 23. The complete list of performers comes in addition to previously announced acts such as The Hold Steady and The New Pornographers. Local acts include In-Flight Safety, The Grass and Last Call Chernobyl.

METRO HALIFAX

3 Canadians among dead in hostage drama

Reports indicate 5 Canadian passport holders were part of group of Hong Kong tourists in Philippines

Three Canadian citizens, including a father who gave his life in an effort to protect his family, were among eight Hong Kong tourists killed Monday in a deadly bus hostage standoff in the Philippines that left grieving, angry family members demanding answers from authorities.

The three slain Canadians were identified as Ken Leung, 58, and his daughters Jessie, 14, and Doris, 21, all three of them dual citizens who lived in Hong Kong.

Leung, a managing director for Asia operations with U.K.-based electronics manufacturer Stadium Group PLC, held a Canadian passport, a spokesman said from London.

Leung's wife, Amy Ng, who was unhurt in the melee, said her husband confronted the gunman before he was killed.

The couple's son, Jason Leung, 18, remained in hospital after surgery on a head wound.

THE CANADIAN PRESS

KIN CHEUNG/THE ASSOCIATED PRESS



▶ Hong Kong citizens protest outside the Philippine Consulate General in the Chinese Special Administrative Region yesterday, alleging the Philippine government mishandled a bus hijacking Monday that left eight dead, including three Canadian citizens.

Students bug staff room

Two Swedish schoolgirls have been found guilty of planting a bugging device in a staff room in a bid to improve grades.

The girls, in their mid teens, are from well-heeled Stockholm suburb Lidingö and they devised the plan after finding a set of keys to the staff common room.

The pair bought basic bugging equipment in a gadget shop, waited until the end of the school day then planted the device.

The aim was to find out valuable information ahead of a conference that would decide what grades the students would get that term. Both girls wanted to raise their grades.

And the plan might have succeeded if one of them hadn't revealed all on her Facebook page.

A court in Stockholm found both guilty of arbitrary acts and trespassing.

"We did it mostly for fun," one of the girls told the court.

She and her class mate were fined to 200 euro each.

"It is very important for the school to take a stand in matters like these. Even if there may be consequences for the students later on," said headmaster Agneta Wemnell.

METRO WORLD NEWS

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Chinese jet crashes near landing strip

Cause unknown News agency said aviation officials discussed problems with ERJ-190s jets earlier

A Chinese passenger jet crashed while trying to land on a fog-shrouded runway in the country's northeast and burst into flames, killing 42 people and injuring 54 others, state media said.

The Henan Airlines plane with 91 passengers and five crew crashed late yesterday in a grassy area near the Lindu airport on the outskirts of Yichun, the official Xinhua News Agency said.

The crash and subsequent fire were so severe that little of the fuselage remained, though the charred tail was still largely intact.

THE ASSOCIATED PRESS

Bad reputation

Expansion of Chinese air traffic in the 1990s led to a series of crashes that gave China the reputation of being unsafe.

- **Upgrades** The poor record prompted the government to improve safety drastically, from airlines to new air traffic management systems at airports.
- **Most recent** The last major passenger jet crash in China was in November 2004, when an China Eastern airplane plunged into a lake in China shortly, killing all 53 on board and two on the ground.

Driverless. Road trip



▶ A technician controls an unmanned electric-powered vehicle by a remote device in Parma, Italy.

ANTONIO CALANNI/THE ASSOCIATED PRESS

Drivers not included

A pair of fender-benders, two technology-loving hitchhikers and 22 hours blocked at the Russian border. That's the balance sheet one month into the three-month journey for a team of driverless vehicles on a 13,000-kilometre road trip from Europe to China.

Trapped miners get another bit of hope

Singing the national anthem in a full-throated chorus, 33 miners trapped deep underground thanked their rescuers and settled in for a long wait until a tunnel wide enough to pull them out can be carved through a half-mile of solid rock.

Raising hopes further, a second bore hole punched into the chamber where the miners are entombed, and a third probe was nearing the spot yesterday.

After parcelling out tiny bits of food and drinking water carved from the mine floor with a backhoe for 18 days, the miners were getting glucose and rehydration tablets to restore their digestive systems. THE ASSOCIATED PRESS

"They had two little spoonfuls of tuna, a sip of milk and a biscuit every 48 hours."

DR. SERGIO AGUILAR, A PHYSICIAN ON THE RESCUE TEAM

China's traffic jam 10 days old

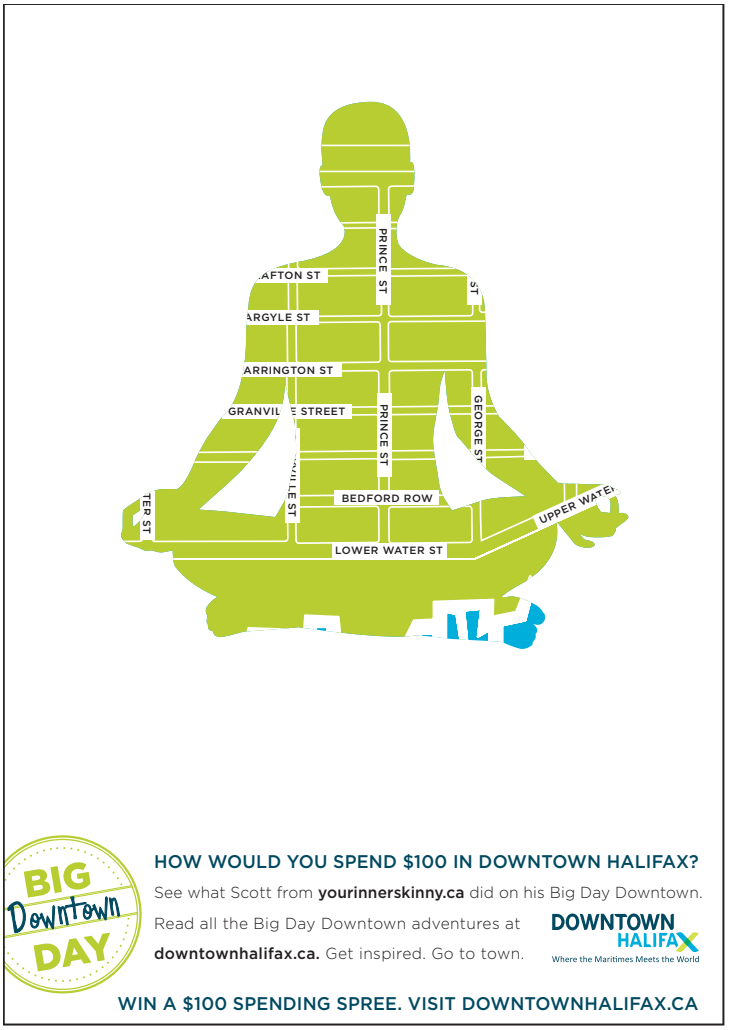
A massive traffic jam in north China that stretches for dozens of kilometres and that hit its 10-day mark yesterday stems from road construction in Beijing that won't be finished until the middle of next month, an official said.

5 days

Some drivers have been stuck in the jam for five days, China Central Television reported yesterday.

Bumper-to-bumper gridlock spanning 100 kilometres, with vehicles moving little more than a kilometre a day at one point, has improved since this past weekend, an official said. THE ASSOCIATED PRESS





MOHAMMAD SAJJAD/THE ASSOCIATED PRESS



▶ Flood survivors line up for food in a camp set up for displaced people in Nowshera, Pakistan. The country's president says recovering from the devastating floods still battering Pakistan will take at least three years.

UN: 40 more choppers needed in Pakistan

While no major disease outbreaks have happened due to the floods, aid agencies are increasingly worried

About 800,000 people have been cut off by floods in Pakistan and are only reachable by air, the United Nations said yesterday.

The appeal was an indication of the massive problems facing the relief effort in Pakistan more than three weeks after the floods hit the country, affecting more than 17 million people and raising concerns about possible social and political unrest.

"These unprecedented floods pose unprecedented logistical challenges, and this requires an extraordinary effort by the international community," said John Holmes, UN under-secretary-general for humanitarian affairs.

18 The U.S. has sent at least 18 helicopters that are flying regular relief missions, but the UN said it would need at least 40 more heavy-lift choppers working at full capacity to reach all those stranded.

Earlier, Prime Minister Yousuf Raza Gilani said hundreds of health facilities had been damaged and tens of thousands of medical workers displaced and the country's chief meteorologist warned that it would be two weeks until the Indus River — the focus of the flooding — returns to normal levels.

THE ASSOCIATED PRESS

News in brief

Anne Frank's tree regrowing

AMSTERDAM. A shoot growing from the trunk of a tree outside Anne Frank's home could give the tree a new lease on life after a storm toppled it Monday.

Cat-trapper identified

ENGLAND. Police say they've identified the woman seen on video trapping a cat in a garbage bin and posted guards outside her home. THE ASSOCIATED PRESS

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GM, dealerships reach agreement

$1.5-million lawsuit settled ◗ Another lawsuit with 200 other dealers still ongoing

Several General Motors dealerships slated for closure will remain open after reaching a settlement with the automaker following nine months of legal wrangling.

GM Canada spokesman Tony LaRocca confirmed yesterday that a deal has been reached with 21 dealerships that sued the company last year after they were told they had be closed as part of GM's restructuring efforts. Of those, about a dozen will remain open.

The terms of the agreement are confidential.

"The case has been resolved to the mutual satisfaction of the plaintiffs and GM. I'm sure both parties are pleased the litigation is concluded," said Jonathan Lisus, a lawyer who represented the dealerships.

LaRocca said the settlement will allow GM Canada to turn its attention back to improving its sales performance. GM announced last year it would eliminate more than one-third of its Canadian dealerships by October 2010 in an attempt to cut costs and streamline its business. Before the closures, the company had more than 700 dealerships in Canada.

THE CANADIAN PRESS

Better outlook

A new study says Canada's auto parts manufacturing sector will continue to lose money this year, but return to profitability in 2011 and the following three years.

▶ **Profits coming?** They project the sector will lose $41 million this year but have a $378-million profit in 2011, rising each of the next three years to $894 million in 2014.

Fast food. Slow market



▶ A patron enjoys a meal at a Burger King in Springfield, Ill.

SETH PERLMAN/THE ASSOCIATED PRESS

Burger King sales down 17 per cent

Burger King Holdings Inc. said yesterday its fourth-quarter net income fell nearly 17 per cent as sales slipped and costs for ingredients and packaging climbed.

TOSHIBA

3-D TV with no glasses?

Japanese electronics maker Toshiba Corp. said yesterday it is developing technology for a 3-D television that won't require special glasses.

Company spokeswoman Yuko Sugahara confirmed such technology was in the works. But she declined to comment on a report in the Yomiuri newspaper that the Tokyo-based company plans to start selling the new TVs by the end of the year.

Mainstream 3-D TVs now on sale, such as those from rivals Panasonic and Sony, require glasses. But there are already screens that don't require glasses, mainly intended for store displays. Yomiuri said Mitsubishi's technology involves transmitting different images at various angles to create an illusion of depth.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 4 P.M. YESTERDAY

TSX	Dollar
– 161.28 (11,557.35)	– 0.72¢ ($0.94.31¢ US)
Oil	**Natural gas 1,000 cu ft**
– $1.47 US ($71.63 US)	$4.055 (– 1.1¢)
	Gold contracts
	$1,231.80 (+ $4.90)

BMO profit less than expected

The Bank of Montreal's third-quarter profit fell short of analyst expectations as trading activity on the stock markets hit BMO's capital markets division.

The first major Canadian bank to report its third-quarter results, BMO reported cash earnings per share of $1.14, about seven cents lower than analysts had estimated on average.

In the same period a year earlier, the bank reported net income of $557 million or 98 cents in cash earnings per share, a measure of cash-flow performance.

$669M
The Bank of Montreal's third-quarter profit, a 20 per cent increase over the same period last year.

Revenue was down slightly to $2.91 billion from $2.98 billion.

The bank's shares dropped 5.6 per cent in morning trading yesterday on the Toronto Stock Exchange, down $3.30 to $55.76.

BMO Capital Markets was hit particularly hard, with a 58 per cent decrease in profits to $130 million as it contended with lower trading revenues affected by the economic uncertainty out of Europe. The division had also been riding high on several quarters of optimistic trading, but market activity has pulled back in recent months.

THE CANADIAN PRESS



AVIS - NOTICE

CSAP
Conseil scolaire acadien provincial

Rentrée scolaire 2010-2011

Les élèves de toutes les écoles du Conseil scolaire acadien provincial (CSAP) débuteront les classes le vendredi 3 septembre 2010 à l'exception de ceux du Centre scolaire de la Rive-Sud à Bridgewater qui débuteront les classes le mardi 7 septembre.

Les demandes d'inscription peuvent être soumises en tout temps. Pour informations sur les conditions d'admission, veuillez communiquer avec l'école qui vous concerne à compter du 25 août 2010.

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The first day of school for students attending all Conseil scolaire acadien provincial (CSAP) schools will be on Friday September 3, 2010 with the exception of those students attending Centre scolaire de la Rive-Sud in Cookville (Bridgewater) who will start classes on Tuesday September 7.

Registrations for new students are accepted for entrance at any time. For information on entrance requirements, please contact the school in your area after August 25 2010.

For information :
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IGGY'S SUMMER ROAD TRIP LACKS POP

Just sayin'

PAUL SULLIVAN



Whatever happened to Michael Ignatieff? Michael Who?

You know, Michael Ignatieff, the Liberal leader? That guy who always comes in second to Stephen Harper in the polls?

Well, he stopped beating his head against the polls and joined thousands of Canadians on that great summer migration — the classic road trip. While Harper is busy ripping up the long-form census, Ignatieff is pressing flesh and downing vats of coffee with real people from Mon Petit Choux Café in Nanaimo, B.C., to Rita's Tea Room in Big Pond, N.S.

So far, he has logged 33,399 kilometres on the Liberal Express bus and the tour isn't over yet. The Express zips through an ice cream stop in Magog and Captain Burger in Richmond, Que., before finishing up at Big Pond this Sunday. By the looks of his schedule, he's been to every Tim Hortons in the country, and if nothing else, should be eligible for a free box of Timbits.

It's grassroots, door-to-door campaigning. Only the scope is different. Instead of one constituency, Ignatieff has decided to visit them all. It's supposed to help him shed his aloof academic image, so Canadian voters no longer get him mixed up with John Ralston Saul, our other intellectual.

"Not a bad line, but we can expect good lines from (Michael) Ignatieff, whose byline is a fixture in the finest periodicals from Harpers to The New Yorker."

I'm not sure if it's working, but at least it's keeping him busy, which means he's not trying to form a coalition with the separatists (bad idea — maybe the worst ever). He even turned up in my neighbourhood the other day, the North Shore of Vancouver, where he managed to connect his own family saga (his grandfather was the Russian Czar's last minister of education. Come the revolution, the family fled to Canada) to that unpopular boatload of Tamil refugees causing so much fuss on the West Coast.

"We must always be a haven in a heartless world," he declared (twice for emphasis) and that received a slightly tentative round of applause.

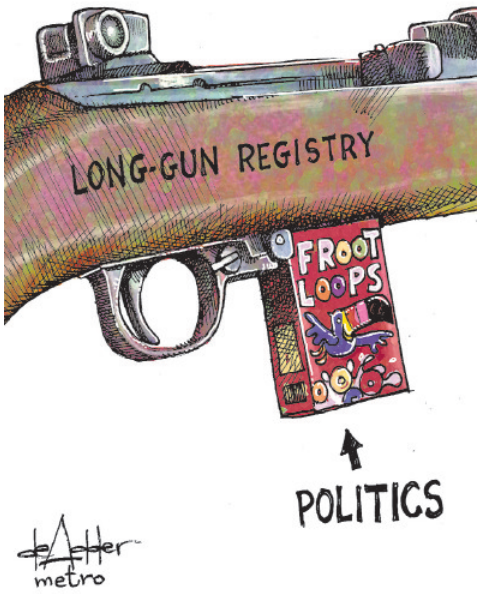
Not a bad line, but we can expect good lines from Ignatieff, whose byline is a fixture in the finest periodicals from Harpers to The New Yorker. What we're also getting, and perhaps didn't expect, is Ignatieff's determination to demonstrate he's ready to do the work and convince Canadians he's really one of us, one voter at a time.

What's missing is the message. Can't have everything. We may be closer to answering "Who is Michael Ignatieff?" But after nearly 34,000 kilometres, we're still a long way from "What is Michael Ignatieff?" never mind "Why?"

Cartoon

MICHAEL DE ADDER

Nothing in life is fair



Letters & Tweets

DARTMOUTH. I read with interest the letter from Ian Dummigan regarding the Green party (Aug. 23). It is very interesting that he says Elizabeth May seems to have a distorted view of democracy since her party has never won a single seat in Parliament.

Democracy is changing. I personally have not voted for the Green party, but I can surely understand why the Greens would be upset. In the last election they received 6.78 per cent of the popular vote but didn't win any seats, while the Bloc, which ran in only one province, won 49 seats with only 10 per cent of the national vote and, therefore, have a disproportional influence on the government of this country.

No wonder there are so many Canadians wondering where the fairness is in our electoral system.

CARL ELLIS

Re: (Tamil) migrants not jumping the queue: Spokesman.

VANCOUVER. Once these people touched land, they were here to stay. They aren't leaving — we need to get over it.

We need to focus on the next time, take a stand and set a precedent. We need to show the world that you can't just bypass our laws because they are inconvenient.

S. PETERSEN

Looking for seats

THE CANADIAN PRESS FILE



Coffee or tea? Why?

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Metro Minute on baseball diamond

Take me out to the ball game — again and again — as there is plenty of action on the diamond this week in Halifax and Dartmouth.

Dartmouth Moosehead Dry is hosting the Canadian senior baseball championships at Beazley Field and Mainland Common, and they're not the only local team in the mix — the Halifax Pelham Canadians are competing too.

Things kick off tonight at 6:30 at Beazley Field with the home run derby featuring defending champion Darren Doucette of the Dry.

Action at the 10-team tournament begins tomorrow morning. The championship game will be played Sunday at 7 p.m.

METRO HALIFAX

RYAN TAPLIN/METRO HALIFAX



▶ Dartmouth Moosehead Dry is hosting the Canadian senior baseball championships this week.

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GETTY IMAGES



▶ David Hasselhoff and Seth MacFarlane.

Comedy Central roasts The 'Hoff

It's been a while since the infamous video of David Hasselhoff chowing down on a floor-cheeseburger He's now finally willing to face the music

NED EHRBAR
SCENE@METRONEWS.CA

He's been the butt of a lot of jokes, but this time David Hasselhoff is getting in on the action. The former Knight Rider and Baywatch star put him in the hot seat for an old-fashioned roast by the good folks at Comedy Central, and Metro was there for every obscenity-filled cheeseburger reference. But the Hoff wasn't fazed.

"Honest to God, I wasn't acting at all. I couldn't stop laughing. My face hurts," Hasselhoff told Metro backstage after the taping. "After every one of the guys would come off, they'd say, 'You know I love you.' And it was really, really cool."

Hasselhoff went into the event with an open mind and a healthy amount of self-awareness.

"If you can't laugh about yourself and you hold things in and you take life seriously, that's when you have problems."
DAVID HASSELHOFF

The festivities were led by roast-master Seth MacFarlane, who opened with the question, "How do you make jokes about a joke? How do you put someone down when they are already lying shirtless on the floor?" The roast roster included Hulk Hogan, Jerry Springer and Pamela Anderson, among others.

The roast of David Hasselhoff airs this Saturday night on the Comedy network.

Deutschland

Another popular target was Hasselhoff's continued popularity in Germany, something he's less apt to poke fun at. "I don't care what people say, I really don't. I go over to Germany, and I've never had more fun in my life than being a rock star and singing. I sang on the Berlin Wall to a million people, and the song was called 'Looking for Freedom,' and I'll never, ever forget it."

Not a joke: Levi Johnston is running for mayor

Levi Johnston, the father of former Alaska Gov. Sarah Palin's grandson, has filed papers to run for office in his hometown of Wasilla, Alaska, next year.

Johnston filed his letter of intent Friday with the Alaska Public Offices Commission, a first step needed to begin campaigning.

The letter doesn't specify an office though Johnston's manager, Tank Jones, has said Johnston's interested in a run for mayor or City Council. He did not immediately return a message Monday.

Wasilla is where Palin got her political start, first as a council member and then as mayor.

Earlier this month, Jones confirmed that Johnston planned to run for office as part of a reality TV show.

Johnston and Palin's daughter Bristol were thrust into the national spotlight in 2008, when Palin was making her vice-presidential run and the two were unwed expectant teens.

Johnston, 20, has had a prickly relationship with the Palin family since the birth of the son and has sought to capitalize on his notoriety, posing for Playgirl and hitting the Hollywood circuit. He and Bristol Palin recently broke off a short-lived engagement.

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▶ Levi Johnston.

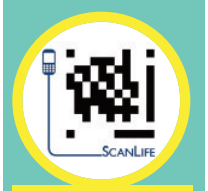
2 scene

Piranha sequel coming

Prehistoric killer fish will get another chance to sink their teeth into audiences in an upcoming sequel to Piranha 3D. Dimension Films, which released the over-the-top thriller this past weekend, announced that part two is in the works. Piranha 3D didn't have a great opening, debuting in sixth place at the box office with $10.1 million. But it got an overwhelmingly strong critical reception, earning 81 per cent positive reviews on the Rotten Tomatoes website.

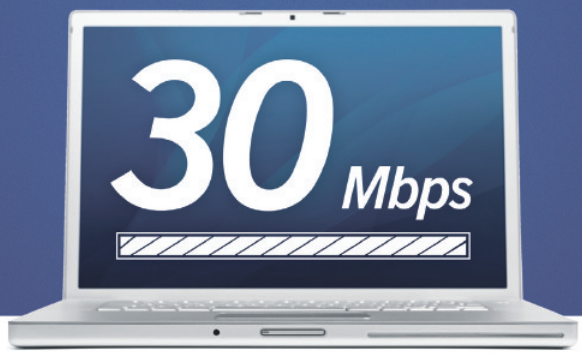
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At 93, prolific actor Ernest Borgnine is finding his fanbase just keeps getting younger and younger.

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No more Mr. Nice Guy for Vartan

Why the go-to good guy wouldn't mind showing elements of his dark side How he tapped into more tragic material on HawthoRNe this year

AMBER RAY
SCENE@METRONEWS.CA
METRO WORLD NEWS

Television's resident nice guy Michael Vartan would love to break bad one of these days.

"Nice guys are so boring!" he laments. "I've been playing them for 20 years now. I feel so lucky to have played them, but c'mon. Let me carry a knife or something.

"Switch my stethoscope out for a chainsaw — a different kind of surgeon," he jokes.

That's not going to happen as the second season of Vartan's medical drama HawthoRNe comes to a close. But as Dr. Tom Wakefield, the knight in white lab coat opposite Jada Pinkett-Smith's headstrong nurse Christina Hawthorne, Vartan has been able to mine the less-sterling aspects of his character after Tom suffered a potentially career-ending hand injury and was forced to re-evaluate his life choices.

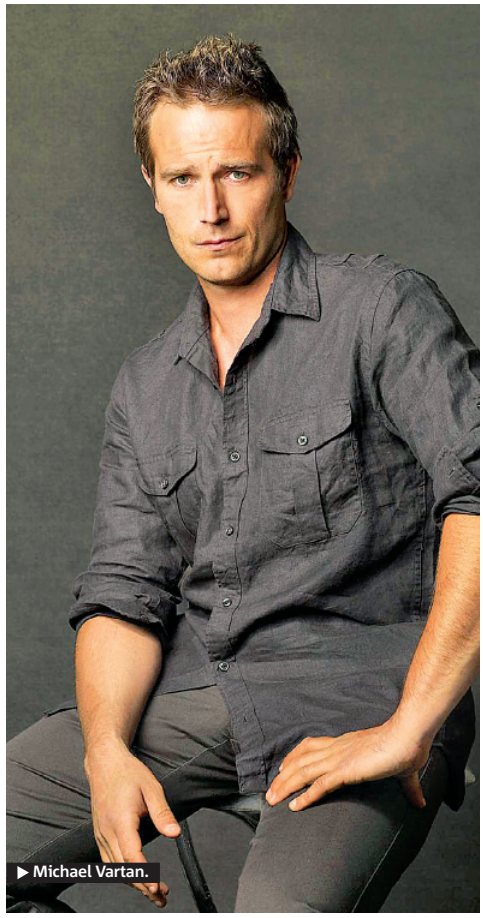
"You can learn from extreme highs, but also from extreme lows," he says.

As far as playing that in a character, you just have to put yourself in those persons' shoes — what are the ramifications of this guy potentially never being able to operate again?

"Well, that would suck," the 41-year-old explains of his preparation for the role.

"People want to see ugly and messed up and completely chaotic and the overcoming of all that stuff," Vartan says,

"I'm all for Tom being a lot darker," he admits. "Make him an alcoholic, make him a druggie — turn hell loose on him!"


▶ Michael Vartan.

All kidding aside ...

Vartan, who starred in Alias and Monster-in-Law, may joke about the trajectory of his career, but he's pragmatic too when opportunity knocks:

"This job came to me. They said, 'There's a medical show that we're interested in you for, and my first response was, 'No. I'm not interested.' ... And they said, 'Jada Pinkett-Smith is starring and executive producing,' and I said, 'I'm in.'"

TV watch list

Explosive hurricane

NEWS. This week marks the fifth anniversary of the Hurricane Katrina disaster. The investigative journalism series Frontline looks at claims that New Orleans police used lethal force against citizens during the hurricane, then tried to cover it up later

▶ **Frontline. PBS**

Questionable beauty

REALITY TV. On Jessica Simpson's The Price of Beauty, the pop star takes her celebrity hair stylist, Ken Paves, and her best friend, Cacee Cobb, to Ipanema Beach. They get a painful bikini wax, chat with a local model to learn about the culture of Rio, and meet with a woman who has had over 42 plastic surgeries

▶ **Jessica Simpson's The Price of Beauty MuchMusic**

Klaxons not undone by UK's rumour mill

- British band releases follow up to Mercury Prize-winning album
- Despite concerns of producer, band not going the way of Limp Bizkit

CAM LINDSAY
SCENE@METRONEWS.CA

With success comes anticipation, and with anticipation comes all sorts of crazy, cooked up rumours. England's Klaxons can tell you a bunch of them. For instance, that their second album was rejected by the label for being "too experimental." Or that their producer Ross Robinson had turned them into a nu-metal band. Or, best of all, that they had entered the studio to record with hip-hop legend Dr. Dre.

"We seem prone to attracting rumours in England anyway," explains guitarist Simon Taylor-Davis.

"I was never in a studio with Dr. Dre. That could have been a disaster, to be honest!"

Surfing The Void, Klaxons' follow-up to 2007's Mercury Prize-winning album, Myths Of The Near Future, is far from a disaster, to be honest.Yes, it was recorded with Ross Robinson, the "Godfather of nu-metal" and man behind albums by Korn, Limp Bizkit and Slipknot, but Taylor-Davis says they instantly clicked with the producer.

"For us, it was about his character and personality," he says. "We've always been about getting on with people, first and foremost, on a humane level, without worrying about whatever cool bands that person has produced before."

What some viewed as a gamble paid off for Klaxons. Surfing The Void is a metal-free, frenetic rush that marries strokes of mind-melting psychedelia and leftfield yet accessible pop choruses. The concept may be far out there, but Taylor-Davis says the immediacy of the songs represents both the band's and the audience's interests.

"There's always been a need to work very fast with us," he explains. "It's for the short attention spans of our generation."

Nu-rave

Back in 2006, Klaxons jokingly coined their music "nu-rave." The name stuck and launched a backlash-heavy movement that brought back fluorescent fashion and glow sticks. Taylor-Davis says he doesn't regret it though. "I have nothing but purely positive memories and things to say about that time."



GETTY IMAGES



▶ The songs on Klaxon's new album, Surfing The Void, have an immediacy guitarist Simon Taylor-Davis said.

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA



CEE-LO RISES TO THE TOP THIS SUMMER

There's a quiet competition every July and August in the music world — which artist will have the song of the summer? Until last week there was one candidate: Katy Perry and her song California Gurls. But on Friday, the internet felt like it nearly exploded with all the chatter around Cee-Lo Green's new single F— You, which he released on YouTube. Many critics have heralded it as not only their favourite mid-year song, but the catchiest, most creative, song of the year.

The song really is as good as everyone makes it out to be, and it's a perfect example of what makes a great song — something I can't say about Perry's imitative hit single. Here's why it works:

It's catchy

Most artists try to write a song with hooks, but few pull it off. Right away the osng starts off right. Its bouncy piano riff leads into the singer's James Brown-like wail; the whole track is a warped version of a Jackson 5 song. It's full of ooos and ahs and while Perry's song has a catchy chorus too, it's more fun to yell out the f-bomb than "we'll melt your popsicle."

Smart lyrics

Words are often an after thought for most artists. Perry, in California Gurls' bland first verse says, "I know a place where the grass is really greener, warm, wet and wild there must be somethin' in the water." Contrast that to Cee-Lo's first verse — "I see you driving 'round town with the girl I love and I'm like f— you."

While he does say phrase 16 times, the vulgarities make sense — he's angry that another guy stole his girl. The song is hilarious, and as smooth as his Motown sound is, you can feel his anger.

It's creative

The song sounds and feels original. The kinetic R&B pop sound combined with the smart, funny (but not kitschy) lyrics, and a why-didn't-I-think-of-that video with only lyrics on a coloured background, took care and work to create.

When it comes down to it, it's not just talent that makes a song great. A catchy, thought provoking tune that's born out of painstaking work will, at least artistically, beat out a fluffy pop track churned out to make a label and artist rich, every time.



▶ Meaghan Martin, left, and Chloe Bridges, stars of Disney's Camp Rock 2: The Final Jam, discuss fashion trends while they shop at the Times Square American Eagle store in New York recently. The duo, friends in real life, took a tour of the busy Times Square store to point out their favourite trends of the season.

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Denim or leather?

Camp Rock stars turn attention to fall fashion

Few things get Meaghan Martin and Chloe Bridges going like a little back-to-school shopping. Never mind, they say, that as 18-year-old TV stars, they won't be milling the halls of any school this fall.

"I am obsessed with back-to-school shopping," gushes Bridges. "I would circle everything I liked and dog-ear the catalogues."

Martin would wear new clothes, head to toe. "I would be all dressy and then, by the last day of school, I'd be in sweats."

As Tess in Camp Rock, Martin wears a lot of bold colours and '80s-influenced, in-your-face costumes. Martin says she won't be borrowing anything from the costume closet. Bridges' character Dana is a little more earthy, and the actress says it's similar to her personal style.

The duo, friends in real life, took a tour of the busy American Eagle flagship store in Times Square to point out their favourite off-screen trends of the season. For the expedition, Bridges wore khaki capris, a chunky off-the-shoulder sweater and high, caramel-coloured gladiator heels; Martin wore the skinny jeans that are the workhorse of her wardrobe with a cropped, caramel suede jacket and beige patent-leather pumps.

"I like the walk that heels give you," Martin says. "They give you confidence." But, unlike Bridges, Martin doesn't wear them on a regular basis.

She is a fan of fashion, although she only takes a few shopping sprees a year. "But when I shop," Martin says, "I REALLY shop."

Martin's favourite look is lots of layers, noting racks of tiered tanks that featured a lacy inset on the back. She'd wear that with a plain, ribbed tank underneath and a cardigan on top.

"I take trends with a grain of salt," Martin says. Last fall, we were told that skinny jeans were out, but I didn't stop wearing them."

Bridges' go-to piece is the button-down shirt, maybe a little wrinkled so it doesn't look too perfect or stuffy, but she's generally more comfortable in something a little more tailored than slouchy. "I feel uncomfortable in a sweatshirt. How ironic is that?"

You'll find her at the mall more often than Martin, but she's more of a grazer. "I'll go often and not buy anything. Sometimes I'll see something I like on a mannequin and realize I have something like it at home."

THE ASSOCIATED PRESS

"I take trends with a grain of salt. Last fall we were told that skinny jeans were out, but I didn't stop wearing them."
MEGHAN MARTIN

Disney fun

Meghan Martin and Chloe Bridges are two of the fashion-concious teens in Disney Channel's new Camp Rock 2: The Final Jam.





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Lohan gets an early rehab exit?

- **Lohan camp reportedly got a doctor to sign off on early release**
- **Probation hearing called**

Radar Online reports Lindsay Lohan signed her discharge papers and that it was possible she could be released from rehab as early as last night.

Before this development, Lohan's lawyer was headed to a probation modification hearing today to argue that Lohan should be released from rehab early, according to Radar Online. Lohan's camp reportedly has testimony from doctors at the UCLA Medical Center stating that she does not need more than 30 days of rehab, let alone the court-ordered 90 days.

"It is hard to find a doctor to recommend somebody get out of treatment early, nearly impossible actually," a source from another rehab facility tells the Web site. "Kudos to the Lohan camp for making it happen." METRO

GETTY IMAGES



▶ Lindsay Lohan

Lautner howling mad over RV

Taylor Lautner is suing a motor home dealership for "emotional distress" and "annoyance" after the dealership failed to deliver a $300,000 RV, according to Popcrunch.

The 18-year-old Twilight star — and the highest-paid teen actor in the industry — was hoping to have the customized vehicle in time for filming of his new thriller, Abduction, being shot in Louisiana.

He is suing for breach of contract and fraud

Lautner is seeking unspecified damages. METRO

GETTY IMAGES



▶ Taylor Lautner

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▶ Michael Douglas

Douglas won't delay his legal fight

Despite his battle with throat cancer, Michael Douglas has no interest in delaying his legal dispute with ex-wife Diandra Douglas, according to Page Six.

Diandra, who is seeking a share of royalties for the upcoming Wall Street: Money Never Sleeps, offered to postpone the case while Michael gets treatment.

"Michael declined," a source says. "He wants to get this over with as soon as possible." METRO

Talking points

George Michael cops to pot use

SHOCK AND AWE — A CELEB WHO USES POT George Michael pleaded guilty to charges he was driving while intoxicated earlier this summer in London, admitting he was under the influence of cannabis when police found him behind the wheel of his Range Rover after driving it into a shop, according to Reuters.

The singer will return to court for sentencing Sept. 14 and may face jail time. METRO

Carey denying prego rumours

I'M NOT PREGNANT. NOW WHERE ARE THE PICKLES AND ICE CREAM? After avoiding cameras and public appearances for months, Mariah Carey is fighting off renewed pregnancy rumors, according to AHN.

The singer was photographed in Brazil looking fuller-figured and wearing loose-fitting clothing before hitting the stage for a concert.

She furthered pregnancy speculation after the show by posting on Twitter, "Tonite was tuff for me 4 personal reasons, but u got me thru (sic)!" METRO



Celebrity tweets



Nick Cannon [@Nick-Cannon]
How do I stop people from hacking into my twitter?! I'm tired of changing my password everyday!



Russell Crowe [@russell-crowe]
9.16, bed time inthe bush,i'll wake when it's still dark so i can have a cup of irish tea and watch the world and the wallabies stretch.



Sandra Bernhard [@Sandra-Bernhard]
it's a full on new york morning construction on the corner, the union busting it across the street, complete with pile driver and whistles



Lily Allen [@lilyrose-allen]
@PerezHilton mr hilton, you must come to one of my dinner parties next time you're in london and ill be sure to serve you up a big helping.

METRO



Thousands expected to attend annual Le Festival de la Poutine event, dedicated to Quebec culinary staple poutine The two-day event takes place on Labour Day weekend in Drummondville, a city of 67,000 located about an hour outside of Montreal

PETER MCCABE/THE CANADIAN PRESS



▶ Vanessa Roy tops off a container of French Fries with a liberal amount of cheese curds before a topping is chosen at at the Le Festival de la Poutine in Drummondville, Que.



▶ A container of French fries gets a customary chicken veloute sauce poured over its white cheddar cheese curds.

Drummondville: Poutine's Quebec birthplace

If you've ever been to La Belle Province, chances are you've dug into a messy heap of fries, cheese curds and sauce — the Quebec culinary delight called poutine.

But no one makes it quite like they do in Drummondville, Que., considered the birthplace of the concoction about four decades ago and home to Quebec's only Festival de la Poutine.

The dish has changed considerably in recent years with everyone adding their own twist, but if you've ever wanted to dig into authentic poutine and catch some great live Quebec bands, the two-day event taking place on Labour Day weekend is the place to be.

"(This) is the ground zero of poutine, if you want to eat it the way it was originally made, that's the place to go"
BOB RUTLEDGE, A PROFESSOR OF ASTROPHYSICS AT MCGILL UNIVERSITY

"That (region) is the ground zero of poutine, if you want to eat it the way it was originally made, that's the place to go," says Bob Rutledge, a professor of astrophysics at McGill University and California native who fell in love with the Quebec dish upon moving here.

Rutledge, who runs the website montrealpoutine.com, says one reason to go to Drummondville is for the one-of-a-kind poutine sauce originating from the region.

"The sauces that appear to have been invented in that area are not what you find in say Montreal or Quebec City," said Rutledge.

Restaurants in the Drummondville region traditionally add a tomato puree to their sauce that makes it sweeter and gives it a distinctive taste over the Montreal variation made with a dark-brown, often chicken-based gravy.

That sauce — an aurora sauce — isn't used anywhere else and often catches people from outside the region by surprise.

"It brightens it and it causes it to be somewhat sweeter and it's a very particular taste and a very particular flavour," Rutledge says.

THE CANADIAN PRESS

If You Go

Festival de la Poutine is held Sept. 3 and 4 at Woodyatt Park, 19 rue du Pont, in Drummondville, Que., about an hour outside Montreal.

- **Doors open at** 5 p.m. on Friday and 3 p.m. on Saturday, until 11 p.m. both nights. The poutine is dished out all night.
- **Tickets are $20** for one day or $25 to attend both days. Children 12 and under are free.
- **On the web:** festivaldelapoutine.com

THE CANADIAN PRESS

3 life

Behind the Seams



Designs: Past and present
Fashions created by some of Quebec's leading designers, past and present, have been put on display at the Montreal Eaton Centre in an exhibition that borrows several garments from the collection of the Museum of Costume and Textile of Quebec. Behind the Seams includes the creations of some 20 designers, including "legendary outfits" from the 1960s by Michel Robichaud and Raoul-Jean Foure as well as contemporary items such as a dress by Marie Saint Pierre and a Joseph Helmer jacket, organizers say.
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Museum of Civilization to unveil mural depicting images of Quebec.

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A renaissance in rail travel

All aboard — VIA's Capital Investment Program ushers in new era

With ridership increasing and millions of dollars in new infrastructure funding fast-tracked, more and more Canadian travelers are being welcomed aboard to a new era in train travel.

Over the last few years the demand for VIA Rail services has grown steadily as travelers have increasingly turned to train travel as a safe, hassle-free and environmentally responsible alternative to congested roads and airports. In fact, in 2008, VIA safely transported 4.6 million passengers — the most since 1989 — and set an all-time record of $299 million in revenue.

"The popularity of train travel is certainly increasing."
STEVE DEL BOSCO, VIA RAIL CANADA'S CHIEF, MARKETING AND SALES

Via Rail's ridership numbers are expected to increase as higher fuel prices, environmental concerns and chronic road congestion continue to rise.

"The popularity of train travel is certainly increasing and lots of people are not only travelling for tourism purposes," said Via Rail Canada's Chief, Marketing and Sales, Steve Del Bosco. "On the early trains, we're seeing a significant increase in people using the train to actually commute to work and we're seeing this more frequently."

VIA is counting on even more people foregoing planes and vehicles in the near future thanks to the $407 million in new federal funding announced in the 2009 stimulus budget. That's in addition to $516 million — the largest capital investment in VIA's history — allocated in 2007 to help strengthen and improve passenger rail in Canada.

"VIA's Capital Investment Program is helping us rebuild locomotives and make improvements to rail cars and stations and modernize our technology to make sure service to customers is improved every year," added Del Bosco.

A significant portion of the capital expenses will be devoted to infrastructure improvements in VIA's busiest market, the Quebec City-Windsor corridor. Improvements at crucial locations will help eliminate delays caused by traffic congestion and will increase track capacity, which will enable us to operate passenger trains at higher average speeds, reduce trip lengths, and offer more frequent service. NEWS CANADA

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Air + 4 Nights 4-Star from $849 + taxes & fees $113
INCLUDES accom located on historic Canal Street just steps from the French Quarter. ADD Dinner & Jazz cruise from $69.

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Menus and recipes for parents all in one book



As the school doors open for another year, there is no lack of advice for parents on preparing box lunches for their children

Joanne Lalonde Hayes experienced the challenge of filling her kid's lunch box every day and in 1993, she founded a publishing company to help parents juggle the demands of busy careers and the many activities in their children's lives.

The company, More Time Moms — based in her hometown of Aylmer, Que. — has just released a new publication with added tools to "organize, reduce and simplify the work involved in feeding your children."

The cookbook is More Time Moms Family Meals: Easy Meal Plans to Help You Keep Your Children Healthy.

Lalonde Hayes has designed the book as "a simple guide, a tool to help take the work out of and put the fun into family mealtime."

While this may seem like a pipe dream for busy working parents, especially women who often bear the brunt of performing endless household tasks, she feels she has succeeded in her goal of offering some simple solutions.

The book provides six weeks of healthy menus, 126 recipes and complete weekly grocery lists.

She has added ideas and recipes for snacks to help children control their blood sugar. This can allow them to eat five to six small meals a day, which is recommended by health professionals.

THE CANADIAN PRESS

Carrot Bran Muffins



Ingredients :

- 375 ml (1 1/2 cups) whole-wheat flour
- 375 ml (1 1/2 cups) natural bran
- 75 ml (1/3 cup) brown sugar
- 50 ml (1/4 cup) ground flaxseed
- 10 ml (2 tsp) baking soda
- 7 ml (1 1/2 tsp) ground cinnamon
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground cloves
- 1 ml (1/4 tsp) ground nutmeg
- 250 ml (1 cup) finely grated carrot
- 2 eggs
- 375 ml (1 1/2 cups) 2 per cent milk
- 50 ml (1/4 cup) unsweetened apple sauce
- 50 ml (1/4 cup) canola oil
- 30 ml (2 tbsp) lemon juice

Preparation:

1. Preheat oven to 200 C (400 F) and prepare a 12-cup muffin pan with baking spray.
2. In a mixing bowl, combine whole-wheat flour, bran, brown sugar, flaxseed, baking soda, cinnamon, salt, cloves and nutmeg.
3. Toss grated carrot into this dry mixture.
4. In a separate bowl, beat eggs thoroughly. Add milk, apple sauce, oil and lemon juice to beaten eggs. Beat until thoroughly combined.
5. Combine mixtures until just mixed.
6. Spoon batter into prepared muffin pan, dividing evenly. Bake for 20 minutes. Let cool slightly in pan before lifting muffins to a cooling rack.

THE ASSOCIATED PRESS





Fired? Let it go then move on

Few milestones are as grim as unemployment Let your emotions run free on day one After one month, you should be in full job-seeker mode

DREW HINSHAW
LIFE@METRONEWS.CA

So you've been fired? Let it go. For many of the newly fired, waking up on "morning one" can come with a paralyzing sense of free fall — the sudden and shuddersome realization that you may not be obligated to match socks or shave for many months.

A few milestones, career counselors say, can make the vast, grim void of unemployment more fathomable. Start with day one.

DAY 1: The first day

"Walk while you're scared," suggests Thank You For Firing Me author Kitty Martini, vocal proponent of post-layoff exercise. "Take a bike ride." Women for Hire CEO Tory Johnson agrees. "While the immediate instinct might be, 'I've got to get my résumé in order' day one is much more about letting your emotions run freely," she says. "That might mean pulling out your voodoo doll and pretending it's the person who fired you."

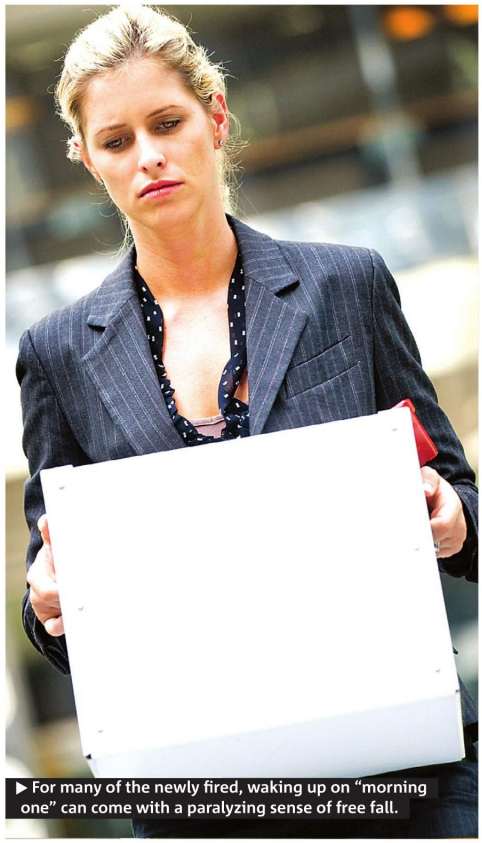
DAY 7: The first week

"By the week mark, it's really about getting your finances in order," Johnson says. "Maybe you downgrade your cable service, or eliminate one of your phone lines. That's what you do early on." HBO or not, she warns, count on reduced finances for the foreseeable future. "People say, 'I'll just bartend, or I'll just dog walk,' none of those things are easy to land."

DAY 31: The first month

"By the one-month mark, you have to be in serious job-seeker mode," Johnson stresses — résumé readied, dreams determined. Unless your vision is not yet clear. "Right at the point when you really reconnect back with what your passion is" that's when you should start looking," Martini says. "If you really want to do a routine, spend a little time each day just visualizing where you want to be," she says. "That's kind of like job hunting, but bringing the job to you, using physics."

She explains: "Something in the universe will shift when you start thinking about what you want."



▶ For many of the newly fired, waking up on "morning one" can come with a paralyzing sense of free fall.

Choose your references carefully

Younger job seekers can be forgiven, perhaps, for thinking references an antiquated formality. In fact, even career counselors aren't sure they matter like they used to.

"The world has completely changed, and you can no longer control what an employer thinks about you by getting three people lined up as references," says Louise Fletcher, president of Blue Sky Résumés. "I can look you up on MySpace and Twitter and see what you wrote on a forum, so I don't need to rely so much on calling three people."

Career consultant Cynthia Shapiro agrees, yet still believes in the relevance of references. "Every time a hiring manager recommends someone for employment, their job is on the line," she says.

That means the powers-that-hire are after testimony that will justify their decision to bring you on, should you turn out to be a disastrous hire. And because many large corporations — for fear of lawsuits — will only tell callers your name, title and dates of employment, hiring managers often struggle to gather positive offline feedback on professionalism.

So finding that trio of colleagues willing to put in the good word can nudge you across the finish line. METRO

reference tips

- **Omit the friends,** frat buddies, pastors, and professors who can't really speak to your professional conduct, unless your colleagues number among your friends.

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How to cultivate good roommate relationships

Tension can often help to create a healthy bond situations get better — not worse — over time

College and university freshmen are often tempted to request roommate changes within weeks of unpacking. But a host of research data suggests that staying the course — barring abusive situations — is likely to have a positive effect on students for years to come.

In a roommate setting, tension could actually produce better results for students. For instance, most studies show that racial differences among roommates lead to more conflict. However, an important Ohio State University and Virginia Commonwealth University study showed that mixed-race roommate situations resulted in better grades for African-Americans.

Moreover, a recent University of Michigan study found that most roommate situations get better, not worse, over a 10-week period. That same study presented evidence that a willingness to reveal weakness is a key factor in a good roommate relationship.

Admitting to fears and shortcomings can create a healthy bond, even between extremely different personalities. "Human weakness, I think, is really one of the only reliable facts of the universe," says John Mallinen, a counselor. "We are all dealing with a lot of fear. When we are able to share that with another person, it's bound to create intimacy."

And that can begin — at least in small doses — online, before you meet, says Natalie Caine, founder of Empty Nest Support Services, a Los Angeles-based consultant. "Let each other know you are excited and nervous so it shows some vulnerability," she explains. "Use humour, like saying you will bring ear plugs to share for snoring or late-night studies." METRO



▶ Most roommate situations get better, not worse, over time, according to a recent study.

Expert Advice

What the experts say:

- **"I encourage students** not to let Facebook be the source of first impressions since there's usually more to a student than what is posted on their online profile. Make time to talk on the phone and learn about each other." — Wendy Piper, director of residential life, Ohio Wesleyan University.
- **"I recommended to** the students that one way to reduce defensiveness — and make the conversation more productive — is to bring up the issue in a positive, oriented way. Instead of saying, 'Your behavior is bothering me, and you need to change,' say, 'I'm having a problem, and I would really appreciate your help in solving it.'" — Robert Donley, peer mediation coordinator, Central Pennsylvania College.

Back to school guide for mature students

Here are some tips to help mature students survive that first year back at school:

1. Be confident about who you are. Don't compare your appearance, possessions, or status with other students. As a mature student, you may have better time management skills and more life experience than your peers. You also know the value of a good education and will work hard to achieve it.

2. Get organized. Invest in a daily planner to keep track of deadlines and assignments. Create a home workspace that is comfortable and free of clutter.

3. Find a student mentor. Apply for a mentor through student services. Look for someone who is also a mature student and in a higher year than you. He or she can share first-year experiences, time management and study tips, and the scoop on professors to avoid.

4. Befriend your classmates. Having friends to confide in will make your classes more enjoyable. If you don't connect with anyone in your class, join interest groups and associations on campus. Being passionate about an activity binds people together. NEWS CANADA



4 sports

Delmas no longer damaged goods

Mooseheads goalie 'ready to go' after off-season hip surgery



MATTHEW WUEST
@METRONEWS.CA

Peter Delmas may be on his way out of Moose Country, but he sounds as healthy and confident as he's ever been.

The 20-year-old Bedford native, once one of the country's rising goaltending stars, had off-season hip surgery to repair a torn labrum that derailed his past two QMJHL seasons.

Delmas, who recovered in about a month after his June 28 operation, said his hip "feels 10 times better than it was before."

"I feel so much better — I don't have to worry about it anymore," Delmas said.

"It's another thing off my back. Last year, I struggled with it, always fighting against it, always worrying about it and always having to be cautious."

Delmas, originally drafted 61st overall by the Colorado Avalanche in 2008, played through the injury despite not being at his best.

It ultimately cost him a shot at an NHL contract this past June, when the Avs notified him they had relinquished his rights.

"It was disappointing and I was kind of down about it," Delmas admitted.

Room for 1 more?

Along with unsigned Carey Price, the Montreal Canadiens only have four goaltenders available for 2010-11. The trade of minor-leaguer Cedrick Desjardins to the Tampa Bay Lightning for Karri Ramo, who is playing in Russia, might have opened up room for Peter Delmas.

Things turned around when Delmas received an invitation to the Montreal Canadiens' rookie camp Sept. 13-16 in Brossard, Que.

It's not just a second chance, it's a perfect fit for a kid who grew up with posters of former Habs stopper Jose Theodore on his basement wall.

"Montreal was my team growing up and my whole family's team, so it's awesome," Delmas said.

"I'm really excited."

If Delmas ends up back in junior this season, the Mooseheads will need to trade him because they are already set in goal with 19-year-old veteran Mathieu Corbeil and 17-year-old rookie Anthony Terenzio.

But he has already been dealt twice in his Q career and just wants a chance to show he's still a top prospect.

"I'm healthy and I'm ready to go," he said.

RYAN TAPLIN/METRO HALIFAX

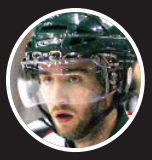


▶ Peter Delmas, shown at training camp last week, has a tryout with his childhood team, the Montreal Canadiens.

Rosters

Jevohn Shepherd
Jevohn Shepherd will find out by Friday whether he will be on Canada's roster for the FIBA world basketball championships starting Saturday in Turkey. The former Halifax Rainmen small forward has been outstanding in exhibition play.





Guillaume Pelletier
Former Halifax Mooseheads forward Guillaume Pelletier, 19, was cut by the P.E.I. Rocket this week. Pelletier came to Halifax as a key piece of the Logan MacMillan trade in 2008-09 and was later dealt to P.E.I. for Bradley MacDonald.

Scan code for more sports

Wigginton placed on waivers by Mooseheads

The Halifax Mooseheads placed 19-year-old centre Andrew Wigginton on waivers yesterday.

The Halifax native had three goals in 28 games after being acquired from the Bathurst Titan midway through last season.

The strong play of numerous youngsters at training camp squeezed the older Wigginton out of the picture up front.

The Mooseheads host the Cape Breton Screaming Eagles in QMJHL pre-season play at the Forum Saturday at 7 p.m. and have a rematch in Sydney Sunday at 4 p.m. METRO HALIFAX

31 Number of players remaining on the Mooseheads' roster following the departure of Andrew Wigginton. The Herd will carry either 23 or 24 players this season.

RYAN TAPLIN/METRO HALIFAX



▶ Andrew Wigginton

Sports in brief



Doucette going for derby title

BASEBALL. Darren Doucette of Dartmouth Moosehead Dry, a 10-time provincial home run champion, will vie for his second straight home run derby crown as the Canadian senior baseball championships get underway tonight at Beazley Field. The event starts at 6:30 p.m.

Feschuk gets nod

SWIM. Olivia Feschuk of Halifax has been named the Cleve's Sport Nova Scotia female individual athlete of the month. The 14-year-old swam to five gold, two silver and a bronze at the Canadian age group championship in Winnipeg. Paralympic sailor Paul Tingley of Halifax took the male honour. METRO HALIFAX

Weir done for the year

Injured elbow brings an end to one of Canadian golfer's worst seasons 40-year-old hopes to avoid surgery, let ligament heal on its own

SAM GREENWOOD/GETTY IMAGES



Mike Weir hits a tee shot during the first round of the PGA Championship earlier this month.

Mike Weir won't have the chance to try to salvage one of the worst seasons of his PGA Tour career.

The left-hander from Bright's Grove, Ont., has a partially torn ligament in his right elbow and likely won't hit another competitive golf shot until 2011.

Weir has been playing with pain for nearly two months, regularly icing his arm and seeking treatment from PGA Tour physiotherapists while struggling through the most important stretch of the season. The 40-year-old thought he was suffering from tendinitis, but decided to seek further medical attention at last week's Wyndham Championship after an eye-opening conversation with a fellow pro who recognized the symptoms.

"I talked to Scott McCarron last week and he really kind of convinced me to go get an MRI," Weir told The Canadian Press yesterday. "He told me he had done the same thing — he played with (pain) while getting therapy on (his forearm) and he kept tearing (the ligament) worse and worse. By the time he went and got an MRI, it was completely torn off and he had to have surgery and take a year off."

Fortunately, Weir's prognosis is better than that. He plans to rest the elbow and seek alternative treatments, hoping the ligament will heal on its own so he can avoid surgery and a long layoff.

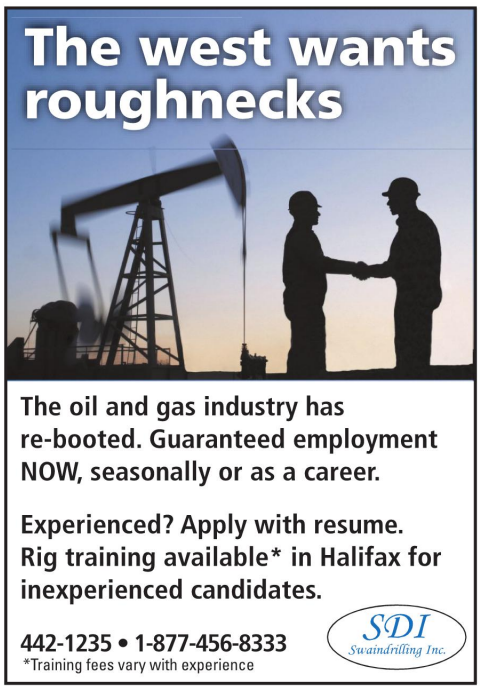
Even though the season is nearing its end, the news still hit hard. Weir failed to qualify for the FedExCup playoffs, which begin this week, but had been hoping to enter some of the fall series events that follow.

THE CANADIAN PRESS









5 drive

Thinking outside the box with Juke

Nissan's brand new crossover targets Gen X couples and urbanites • Automaker is boldly going where no front-end styling has gone before, reviewer Mike Goetz says

Big-wheel stance

EXTERIOR. Standard 17-inch alloy wheels, with aggressive Goodyear Eagle RS V-rated rubber. Wheels pushed to extreme corners of vehicle for agility and aggressive stance. Same B platform as Versa and Cube. Shorter than Versa, but taller and wider.

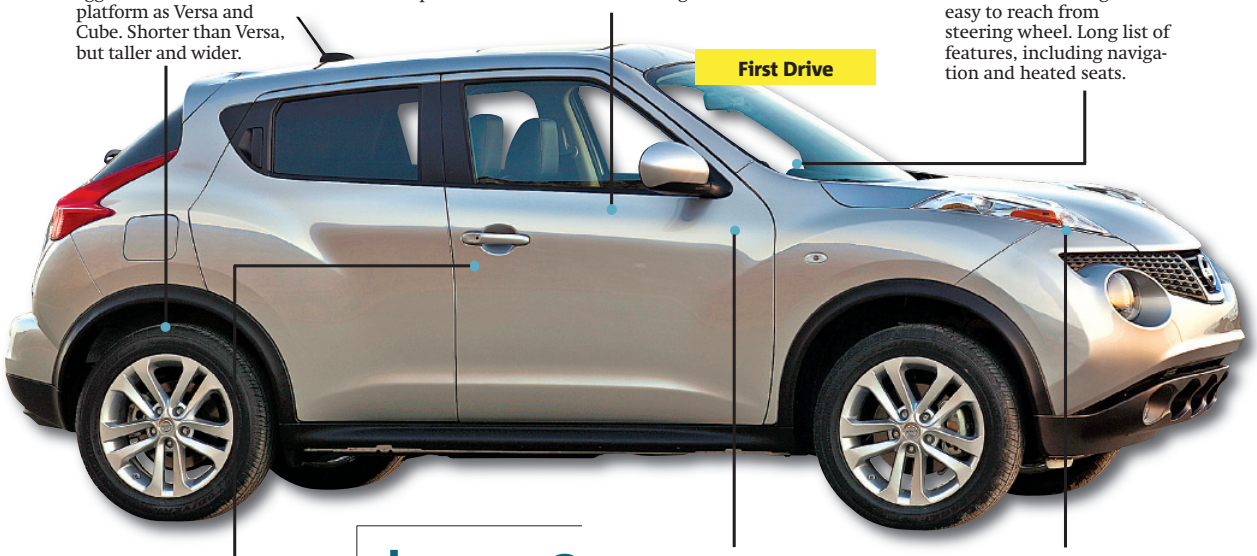
Breaking news: It's a turbo

ENGINE. Cheapest car you can buy to offer over 100 horses per litre of engine displacement. New 1.6-litre direct injection turbo I4, good for 180-hp and 170 "torques." Two transmissions: 6-speed manual (FWD models only); CVT "automatic" with a "manual" shift mode. Driver can dial in three throttle/transmission/steering settings. I drove it almost exclusively in Sport Mode, the fun mode. With a high power-to-weight ratio and lots of traction, the Juke is one quick and entertaining little crossover.

Motorcycle inspirations

INTERIOR. Centre console mimics the profile and metallic shine of a motorcycle; very cool, but cup holders only take one-size cups, and not much storage space. Shifter nice and high and easy to reach from steering wheel. Long list of features, including navigation and heated seats.

First Drive



Is that a coupe?

SPACE. A four-door that looks like a two-door. Rear door handle at top of door. Roofline eats up headroom, but back seat still quite useful.

$19,998

Price of entry-level SV FWD with manual 6-speed. Other models are: SV FWD CVT ($21,298); SV AWD CVT ($23,098); SL FWD with manual 6-speed ($23,548); SL FWD CVT ($24,848); SL AWD CVT ($26,648).

Where machine meets human

INTERFACE. Juke introduces's a new system for switching and accessing information. It features one main display with two main modes: climate and driving.

In-your-face facelift

FRONT. Front turn signal/parking light lamps actually rise above hood surface, like crocodile eyes. Low-mounted headlights inspired by auxiliary lamps fitted to rally cars.

In brief



Canadian heartthrob Justin Bieber has just hit 16 but has the makings of a fleet that most of us could never hope to own. P.Diddy is reported to have given him his white Lamborghini Gallardo Spyder for his birthday, while Usher offered him a Range Rover.

METRO WORLD NEWS

ScanLife

Scan code for more car reviews and news

Mazda5 stays strong, Sienna slips



▶ The Mazda5

The Mazda5 microvan posted an "Excellent" score in Consumer Reports' ratings, as part of a test in the September issue that featured three different types of family movers. Although smaller than a standard minivan, it is ideal for families on a budget.

Also included was the Ford Flex EcoBoost three-row SUV and the redesigned Toyota Sienna minivan which posted "Excellent" and "Very Good" test scores, respectively. The Mazda5 previously earned a Top Pick designation in CR's Annual Auto Issue in the Family Hauler category.

It is versatile and relatively roomy, despite its modest size. It has sliding rear doors, a small third-row seat, and seating for up to six.

Consumer Reports opted to retest the '5 after it was upgraded for 2010, with electronic stability control.

While both the front-wheel-drive and all-wheel-drive versions of the Toyota Sienna posted "Very Good" test scores and it is a very good vehicle, it doesn't measure up to the previous model, which had been CR's top rated minivan for three years.

It is still roomy and efficient with a smooth ride, but a drop in interior fit and finish and quietness, among other things, contributed to an overall drop in score.

FROM CARGUIDE



CANADA'S hottest model event

IF YOU WANT A HOT MODEL, IT'S TIME TO STEP UP.

2010 Dodge Grand Caravan SXT shown.[§]

2010 DODGE GRAND CARAVAN CANADA VALUE PACKAGE

CANADA'S BEST SELLING MINIVAN

PURCHASE FOR **$19,999**• INCLUDES $6,500 CONSUMER CASH.*

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OR CHOOSE **$121** BI-WEEKLY @ A VARIABLE PRIME RATE OF **2.75%**± FOR 84 MONTHS

STEP UP FOR ONLY $15‡ MORE BI-WEEKLY

2010 GRAND CARAVAN SE WITH STOW 'N GO®



Second row power windows and quarter vented windows



17" Aluminum wheels

• Leather wrapped steering wheel and shift knob • Steering wheel mounted audio controls

NO CHARGE SE PLUS GROUP PACKAGE



2010 Dodge Journey SXT shown.[§]

2010 DODGE JOURNEY SE CANADA VALUE PACKAGE

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OR CHOOSE **$112** BI-WEEKLY @ A VARIABLE PRIME RATE OF **2.75%**± FOR 84 MONTHS

STEP UP FOR ONLY $24 MORE BI-WEEKLY

2010 JOURNEY SXT GROUP PACKAGE



Third row 50/50 split fold reclining seats



Rear temperature control

• Second row 40/60 Tilt'n Slide™ seat – easy entry system

NO CHARGE FLEXIBLE SEATING GROUP



2010 Jeep Patriot Limited 4x4 shown.

2010 JEEP PATRIOT

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CASH DISCOUNTS OF UP TO $6,500

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dodge caravan kids

SIRIUS SATELLITE RADIO

Wise customers read the fine print: •, ‡, †, ±, § Canada's Hottest Model Event offers apply to retail deliveries of selected new and unused models purchased between July 21, 2010 and August 3, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. •$19,999 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F) only and includes $6,500 Consumer Cash Discount. $18,499 Purchase Price applies to 2010 Dodge Journey SE Canada Value Package (22F) only and includes $1,250 Consumer Cash Discount. See participating retailer for complete details. Pricing excludes freight ($1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2009/2010 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep®, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Cargo Van, Sprinter and Ram Chassis Cab. Examples: 2010 Dodge Grand Caravan Canada Value Package (24F)/2010 Dodge Journey SE Canada Value Package (22F) with a Purchase Price of $19,999/$18,499 financed at 0% for 36 months equals monthly payments of $555.52/$513.86; cost of borrowing of $0 and a total obligation of $19,999/$18,499. Purchase price includes $1,400 freight charges and excludes other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. ‡Based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to residents of Quebec. TD offer is not open to residents of New Brunswick, Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. §2010 Dodge Grand Caravan SXT/2010 Dodge Journey SXT shown have a higher price than the 2010 Dodge Grand Caravan Canada Value Package/2010 Dodge Journey SE Canada Value Package advertised. See your retailer or go to www.dodge.ca for complete details. ^Based on January through December 2009 R.L. Polk sales total registrations. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.

WRX STI for sport-head

Impreza variation one of the most sought-after sports cars Best to avoid one with modified turbocharger

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Thanks to a long history in motorsports, a community of passionate and loyal owners, and tremendous popularity on YouTube videos, the Subaru Impreza WRX STI is quickly becoming one of the used car market's most sought-after sports sedans. The last-generation STI came just one way: as a sedan with a turbocharged 2.5 litre boxer four-cylinder engine and six-speed manual transmission. A Driver Controlled Centre Differential (DCCD) allowed for fine-tuning of power delivery through the STI's All Wheel Drive (AWD) system, and horsepower was rated somewhere between 293 and 300, depending on the year in question.

PHOTO COURTESY SUBARU



▶ The Subaru WRX STI is a staple at rallies, which adds to its appeal for sports car fans.

What Owners Like

Performance superiority, styling and reputation are all cited as key reasons why Impeza WRX STI owners chose their rides. With a four-door body and decently-sized trunk, it's a performance car with the sensibility of a compact sedan — and the standard AWD system means year-round enjoyment..

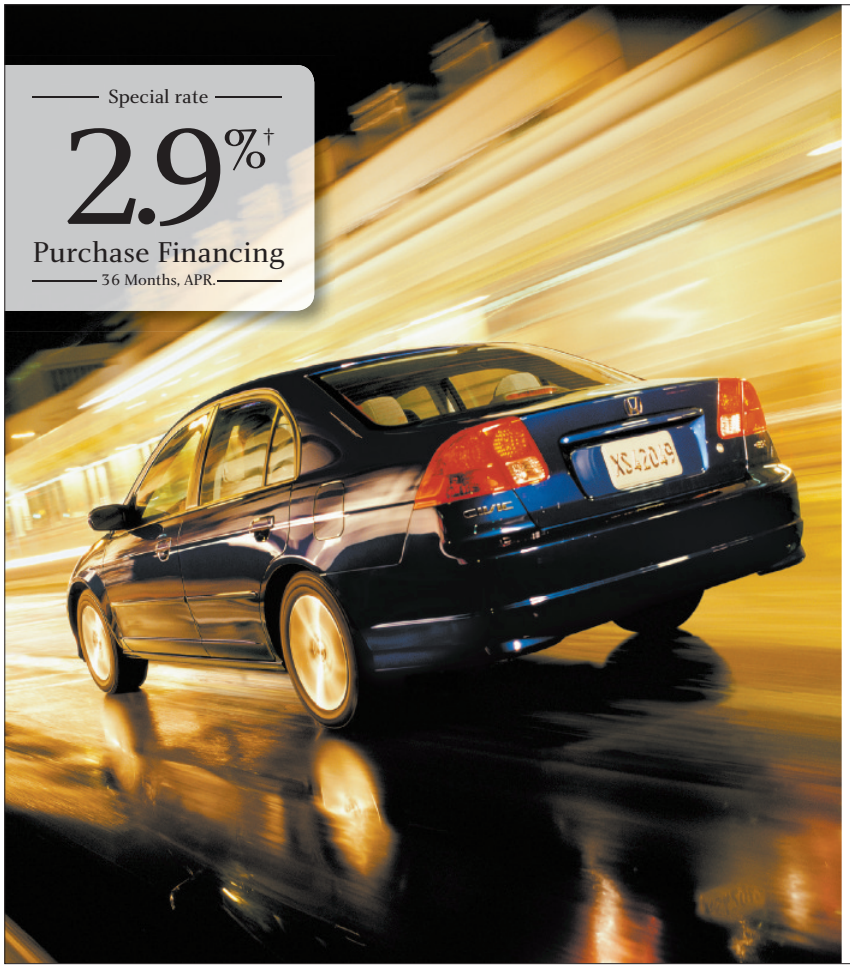
The specs

- **MODEL** 2004 to 2007 Subaru Impreza WRX STI
- **VEHICLE TYPE** Sedan
- **APPROXIMATE USED PRICE RANGE** $16,000 to $30,000

What Owners Hate

Standard sports car complaints apply for the model, including fuel mileage, a rough ride and high insurance and maintenance costs.

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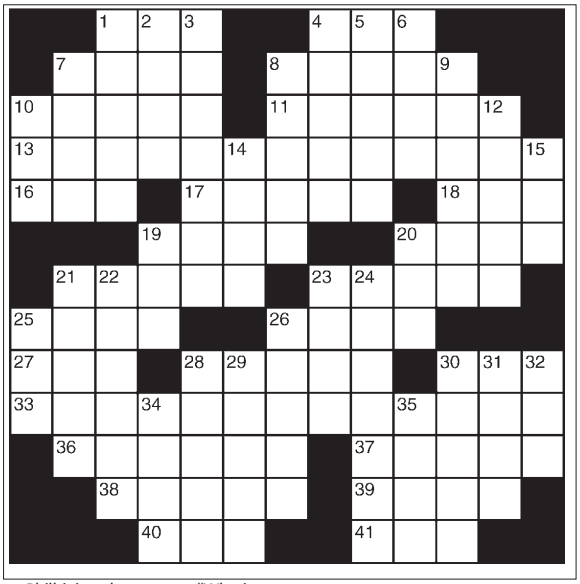
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†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 36 months on Honda Certified Used Honda Civics (2005–2009 model years). Finance example based on 2005 model: $10,000 at 2.9% per annum equals $290.37 per month for 36 months. Cost of borrowing is $453.42 for a total obligation of $10,453.42. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires August 31, 2010.

Crossword



Across

ACROSS
1 Servicewoman
4 Mailing ctr.
7 "Green Mansions" character
8 First, second, third and reverse
10 "Carmen" composer
11 Be there
13 Enrollment for all
16 Pale
17 The non-professionals
18 Placekicker's pride
19 Depressed
20 Farm fraction
21 Two fingers raised, e.g.
23 Closet intruders
25 Eat in style
26 Lincoln's bill
27 Tic-tac-toe win
28 "War and —"
30 Greek cross
33 Immediate contact
36 Farewells
37 Skin
38 Walk proudly
39 Coffee vessels
40 Snake's noise
41 Type measures

Down

1 Shrivel
2 "So be it"
3 Mail-order book
4 "Understand?"
5 Sucker
6 Raw materials
7 Philbin's co-host
8 Street urchin
9 Tattletale
10 Arrow launcher
12 Morrison's band, with "the"
14 Sunrise
15 Born
19 Gaming cube
20 Noshed
21 String instrument
22 Hairnets
23 Isin-glass
24 Late, as a payment
25 "What's up, —?"
26 The Devil bought his soul
28 Jurors, theoretically
29 Horse play?
30 Shore birds
31 Weaponry
32 "My home, sweet home"
34 Perches
35 Expression

▶ Yesterday's answer

M	E	S	A		G	E	M		C	A	M	P
A	R	A	B		R	O	E		A	R	I	A
G	I	N	S		I	N	D	U	S	T	R	Y
I	N	D	U	C	E	S		S	T	Y	E	S
			R	U	G		E	E	L			
S	P	A	D	E		I	N	D	E	X	E	D
K	I	D			M	R	S			V	E	E
I	N	D	I	A	N	A		B	A	I	R	N
			N	C	O		K	I	N			
L	A	I	R	D		I	N	D	O	O	R	S
I	N	D	U	C	T	E	E		I	D	O	L
E	K	E	S		W	O	E		N	O	V	A
D	A	S	H		O	H	S		T	R	E	Y

Sudoku

		1	9		2	3		
	4		1		7		9	
7								2
		6	7	9	5	4		
		5	3	6	4	2		
4								1
	5		8		6		7	
		9	4		1	8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	3	8	7	2	9	5	6
9	5	7	4	1	6	8	2	3
6	8	2	9	5	3	1	4	7
8	7	4	6	2	5	3	9	1
5	9	6	3	8	1	2	7	4
2	3	1	7	4	9	5	6	8
3	2	5	1	6	4	7	8	9
7	4	9	2	3	8	6	1	5
1	6	8	5	9	7	4	3	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my dear love, happy anniversary Adam S.,Thanks for making this year the best one ever <3 Love always
MILA H.

Everdearest Ma, God smiled on this day and gave us you. Happy Birthday. We love you so much. Blessings and prayers.
PA, THE 2 JOS AND KOTA

hello Melissa. You are so special. I like how you get lost all the time haha. Jk i am sad. Rip Martin xoxo.
LOVE FROM ME.

Andy Lian, I love you so much! I'll never want anyone else but you! You are the one for me. Thank-you for taking care of me! I love you.
WENDY LIAN

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Today: Variable 23°/ 16°
Thursday: Rain 100% 24° / 15°
Friday: Partly cloudy 24°/ 13°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Try not to fall out with work colleagues today because it will be difficult to patch things up and be friends again later. Everyone is still a bit touchy from yesterday's full moon.

♉ Taurus April 21-May 21 At some stage today you will have to decide not only whether you want to follow a particular path but also if you are moving in the right direction generally.

♊ Gemini May 22-June 21 Yesterday's full moon made disputes look bigger and more important than they really were and today's Sun-Jupiter link will aggravate the situation. Don't get angry or uptight.

♋ Cancer June 22-July 22 What happens today will disrupt your immediate plans, and you may start to wonder if you should give up on a project. No you should not! It's a temporary blip, nothing more.

♌ Leo July 23-Aug.23 If you try to hold on to the past any longer the parting will be more painful than it needs to be. You know it's time to move on. You know a new path awaits you.

♍ Virgo Aug. 24- Sept. 22 So much is going on in your world at the moment that you are beginning to worry that you might not be able to hold it all together. Don't panic. The planets promise that if you stay calm you'll come through unscathed.

♎ Libra Sept. 23-Oct. 23 If you don't meet others halfway today chances are they will take their business elsewhere. Are you prepared to let that happen?

♏ Scorpio Oct. 24-Nov. 22 There are two possible options open to you now but you can't make up your mind which to take. Put off making a decision until tomorrow when Pluto, your ruler, will show you the way.

♐ Sagittarius Nov. 23-Dec. 21 You are spending too much time and energy on something that is of no real importance, and not nearly enough on something that is. Stop worrying about the future.

♑ Capricorn Dec. 22-Jan. 20 Don't let a friend persuade you that something cannot be done. They may think they are doing you a favour but in fact they would be directing you away from a golden opportunity. You can do anything.

♒ Aquarius Jan. 21-Feb. 18 Focus on what you have in common with other people, rather than on what sets you apart. Promise yourself now that you won't overreact.

♓ Pisces Feb. 19-March 20 You have reached a point of no return and have no choice but to decide what it is you want from the future. Fate may have brought you here but the next step is up to you.
SALLY BROMPTON

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Caption contest

MARTIN MEISSNER/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

GENE J. PUSKAR/THE ASSOCIATED PRESS

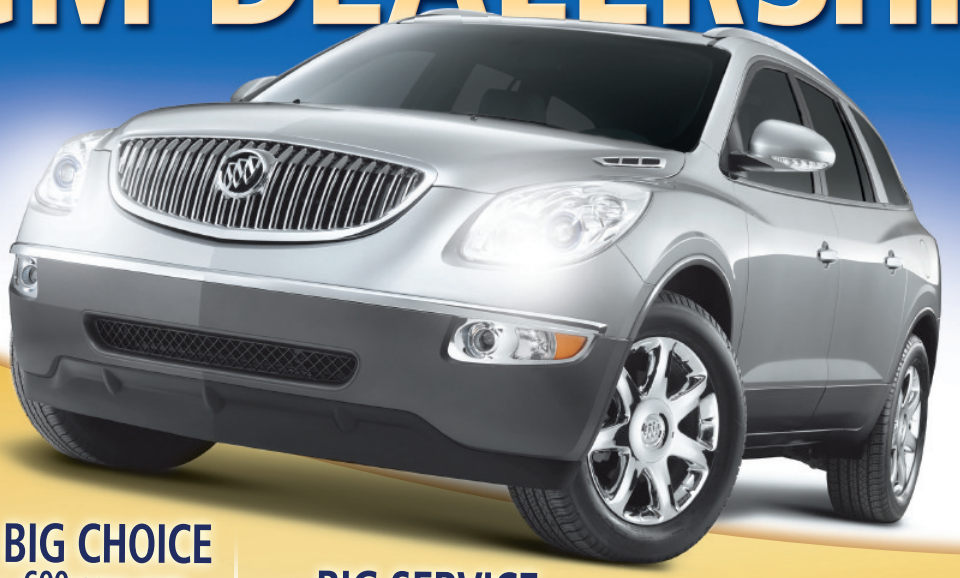


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